



Homa Therapy News Australian and International September 2024

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TRULY HEALING AGNIHOTRA ASH- CONFIRMED BY DARKFIELD MICROSCOPY

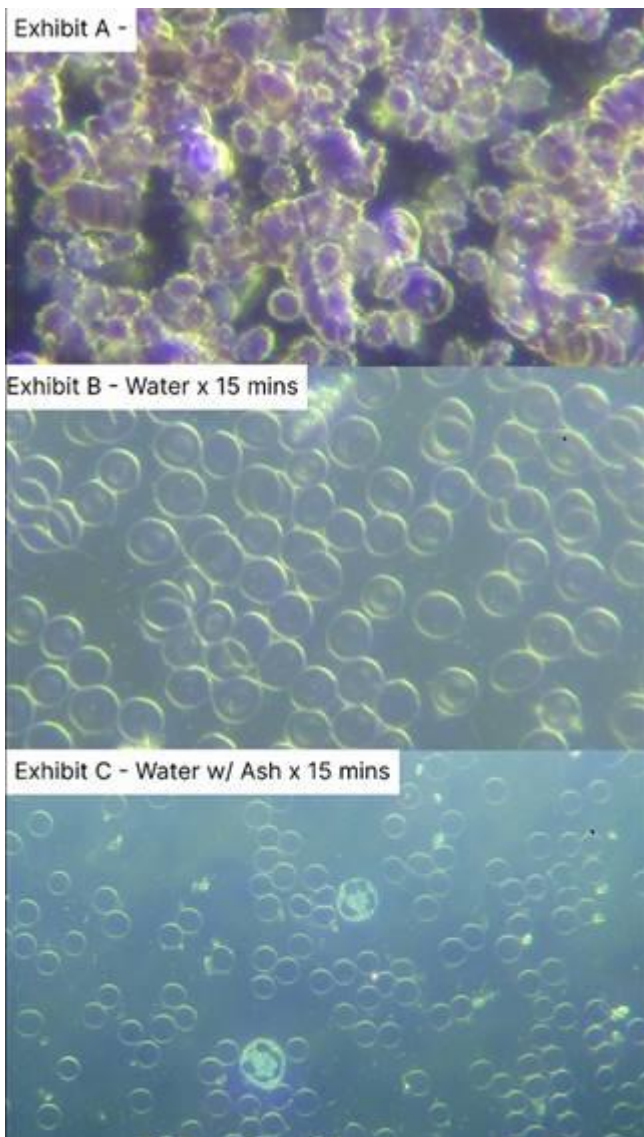


The Darkfield Microscope can be used as a tool to verify results at the microscopic level.

Dr. Villanueva, Kalipay Wellness Centre, Philippines

A patient came in for consult one day with symptoms of restlessness, headache and nausea. A Live Blood analysis was performed using a dark field microscope. This is a method also known as Naturopathic microscopy, Nutritional microscopy or Live Blood Cell analysis where a drop of blood is carefully obtained and placed on a glass slide and viewed in magnifications up to 4000X. The advantage of this technique is that the blood sample obtained has not been stained nor killed in the sampling process. The black background obtained through a special condenser and light source, allows all the cells and fragments in between to be illuminated brightly. In the 30-minute window of analysis, we are also observing cells in their living state, or as they appear when they are flowing in your body at that moment. This makes for good ways to observe how the different things we put into our body can affect us.

The observations of the sample obtained from the patient showed that most of the red blood cells were stacked together like rolls of coins. This means that the natural negative charge around the red blood cells has been lost and they are unable to repel each other, which is important for uninhibited oxygen and nutrient transport throughout the body. The implications for when red blood cells are observed in this condition are either due to dehydration, an over-acidic pH of the blood, trace mineral deficiency, electrolyte imbalances, inflammation, deficient intestinal flora or exposure to industrial poisons, presence of heavy metals and EMF. Damaged red blood cells were also observed in the sample.



Slides showing the condition of the red blood cells under Darkfield microscopy

In order to demonstrate the subtle ways in which our body responds to the most basic of necessities, water and proper hydration, the patient was given a glass of plain, purified water. After 15 minutes, which is about the time it takes for water to be absorbed into our bloodstream, the patient's blood analysis was repeated. There was a noticeable difference in the blood cells. Although still with some "stickiness" observed between blood cells, they no

longer clumped together. This allowed me to observe the individual blood cells. Notable was that about 75% of the cells had a “bulls-eye” appearance in the center, what we refer to in live blood analysis as target cells, meaning red blood cells that either have been parasitized by microorganisms or are deficient in haemoglobin content (low iron, possible anaemia). These findings were noted.



Patient drinking Agnihotra ash water during chelation at the clinic

To further the investigation, the patient was then given a glass of the same purified water, now with the addition of 1/8 teaspoon of sunrise Agnihotra Healing Ash. The live blood analysis was then again performed after 15 minutes. What was observed was that there was about **90%** resolution of the target cells with no visible clumping or stickiness seen between the red blood cells. This came along with the patient also noting relief from the headache, nausea and restlessness.

The blood cells no longer sticking together means that the negative charge around the red blood cell membrane has been re-established. The trace minerals in the Healing ash or alkalinity may have caused the resolution of the abnormal red blood cells. The patient was then convinced of the results and sent home with a prescription of water with Agnihotra healing ash 3x daily in addition to her daily water requirements.



Also significant is that the detoxification program is conducted in the same place where Agnihotra is performed twice daily.

KALIPAY WELLNESS CENTRE, PHILIPPINES: AT HOME WITH AGNIHOTRA



Therapies at Kalipay- Agnihotra and the ash medicine, Permaculture with Agnihotra, BodyTalk, Biogeometry, Chigung, Taichi, Integrative Medicine



Penny Reyes, co-founder of Kalipay Wellness centre

Agnihotra was introduced into my life in 2011. It so happened that I was given the task of hosting a documentary on organic rice and interviewing Dr. Pamela Fernandez, a Quantum Agriculture Professor from the University of the Philippines. After the interview, Dr. Pam invited me to attend an Agnihotra session at her place — from then on, I was inspired to do Agnihotra sporadically over the years.

Permaculture has been a way of life for me for more than 10 years and adding Agnihotra and its healing ash easily integrated into my regenerative lifestyle. Currently, I reside in Central Visayas, Philippines on the Island of Negros. In the last 8 years, diversification into the healing arts called BodyTalk inevitably gave birth to KALIPAY WELLNESS CENTER FOR ENERGY MEDICINE.

Kalipay is a word in the local dialect that means “happiness”. We see everything rooted in energy and that living a happy and healthy life hinges on the balance of energies in our bodymind. Many of our therapies deal with the detox and redox pathways of all life systems in an integrative way. Keeping all these in mind, Agnihotra is a perfect fit.

Self-Sufficiency in Agnihotra: A loving female bovine named “Holy Cow” lives at Kalipay Center in the middle of a bamboo circle that shelters her from the harsh winds and rains.



Inside her cow shed and right above her, we conveniently designed a drying area for the cow dung patties. She seems to be really enjoying her ‘Kalipay Life’!

The Agnihotra Team: It was only in 2022 that my husband Markus and I have made it our commitment to daily practice of sunrise and sunset Agnihotra, mainly because “Holy Cow” and the farm/clinic setting gave us the ideal conditions to do so. We do the daily Agnihotra as a team. Those patients who are interested do Agnihotra along with us and the rest imbibe the medicinal atmosphere.



The Agnihotra Team: Penny (doing the fire) and Markus (doing the preparation)

Regarding the timings, we do not use an Agnihotra app because of the EMF but instead rely on the printed time sheet. We use a digital kitchen clock and Markus - being a Swiss, has a soft spot for regularly calibrating the clock to atomic time which is important as Agnihotra to be most effective must be done to the second.

Agnihotra ash medicine: In over two years, we have accumulated quite an amount of Agnihotra ash. We give away the healing ash to our staff and neighbours.



On a daily basis, we drink the healing ash water and use the ash directly to brush our teeth. As handmade products for our own use, we also make ash medicines and ash bath soap.



Agnihotra ash soap

Permaculture Farming with Agnihotra at Kalipay : Corn-Growing this year: We start with soil preparation, incorporating Agnihotra ash. The ash is known to enhance the vitality of the soil, promote healthier plant growth and create a more balanced ecosystem. We also align the timing of planting with the lunar cycles and natural rhythms. Agnihotra ash is added again accompanying the seeds into the ground. The results have been very good.



After a few weeks, the corn was steadily growing. Unfortunately, the whole region had an attack of army worms and the corn suffered in its growth. After a while however, we noticed that the corn plants were able to recover beautifully! We attribute this to the Agnihotra ash and the daily Agnihotra Fires



Worm Attack



Corn Recovery



And the resulting harvest!

Other Amazing Benefits of Agnihotra: We have enjoyed several benefits from doing daily Agnihotra including protection during fierce storms and even the preservation of our plants during the recent drought.



Clearly evident was the effect on our coconut trees in comparison to the neighbour's trees. It is amazing how our land was preserved and hydrated during the last long dry spell (5 months)... on the left is our property - with healthy coconut trees, despite a long drought and just at the other side of the fence line, so many coconut trees died.

Agnihotra at the Mountain Temple: Agnihotra provides a purificationary and healing atmosphere as a foundation for all the various practices and activities at Kalipay. We have a special place called the Mountain Temple completely made from bamboo. The space serves multiple purposes. It is a place for martial arts instruction, community gatherings, free talks, educational trainings, BodyTalk healing, detoxification sessions and also, most importantly, this is where we do the Agnihotra healing fires daily.





We experience sunrise Agnihotra filling the whole temple area and its surroundings with harmonising and healing energy. This is ideal for detoxification sessions scheduled later in the day.

The Effect of Agnihotra and its Ash on Body Detoxification: A special microscope confirms the positive results we are getting in our clinical practice.

Agnihotra is known to effectively purify and clean the atmosphere of all forms of toxins. Over the years, the toxic load in our environment has also found its way into the bodies of many people, leading to chronic disease and even sudden death. Recently the nature of toxins and their load on the body has also changed — they have been rapidly evolving from bad to worse. Examples of these toxins are harmful bacteria and mold, hazardous chemicals, persistent organic pollutants, and in the synthetic category: micro-plastics, synthetic venoms used in pharmaceuticals, cosmetics and agriculture, self-assembling nano-technology, and on the aspect of electro-pollution: harmful levels of radiation (EMF) generated by electronic devices and cellphone towers.

The Kalipay Wellness team of energy & medical practitioners have been implementing a whole health approach to detoxification. One of the key recommendations to our patients is to regularly drink Agnihotra ash water as part of the detox process. Dr. Villanueva, MD, RMT, Live Blood Analyst, has been studying the blood of patients using a Darkfield Microscope before and after they undergo the detoxification process.

One of her experiments was to view a blood sample and then view again 15 minutes after the patient drinks Agnihotra ash water. **Consistently we have evidence to validate the positive effects of the regular ingestion of the healing Agnihotra ash in neutralizing both biologic and synthetic forms of toxins in the body.**

AGNIHOTRA – HOW MY LIFE HAS TRANSFORMED



Samata Petluri, Sydney, NSW, Australia

I was always a firm believer of Desi cow (Desi means cow with a hump), and believe that a cow can help in protecting the sanctity of the world and the environment. Before I took up Agnihotra I always used Desi cow related products to protect health of my children and family. When I was searching for Desi cow products after migrating to Sydney in 2020, I stumbled upon Om Shree Dham and got introduced (rather re-introduced as I come from a Vedic family who practiced Agnihotra) to Agnihotra and got attracted to it right away. My mother told me once that Homas protect the environment and are an antidote to the pollution. I spoke to Mrs Lee Ringma and got very much impressed by their immense dedication to Agnihotra and for the results they have seen.



Above Samata's son who wanted a photo with our Desi bull Rama

Anxiety and weakness: I started Agnihotra a year ago and mostly practice Sunset Agnihotra. When I started the Agnihotra, I was in a very anxious state, very weak and had many kind of unspoken ailments. But Agnihotra has magically transformed my health, I no longer feel anxious and weak. I use Agnihotra ash as a medicine at home.

Benign Lumps on the body: My husband had a small lump on his chest (possibly due to infection) – I started applying Agnihotra ash with ghee and the lump is cured. My son had a swollen lymph node – our GP mentioned that it is not malignant – but it would take a couple of years to heal. I have applied panchagavya (a lotion made with cow dung, cow urine, yogurt, milk and ghee) and Agnihotra ash and the swollen lymph node reduced 95% in a span of one month.

Gastric Issues: Agnihotra ash is a wonderful medicine for vomiting, diarrhoea and gastric issues. I have given Agnihotra ash to my cousin who had severe diarrhoea (GP could not suggest any medicine as it is viral infection) and her issue cured right away. My mother in law in India called me that she had passed watery stool for 4 times and I suggested her to take a pinch of Agnihotra ash and she said her motions stopped immediately. Also, my mother in law had severe stomach pain and when she took Agnihotra ash – her pain vanished immediately. When she had similar stomach issues in the past she used to suffer over several days.



Samata and family visiting Om Shree Dham

Teeth and Gums: My daughter has 5 cavities in her teeth. I started applying Agnihotra ash to her gums every night and none of the other teeth developed cavities and there is slight improvement and I can see the cavities reduce. My friend's son had tooth ache and I gave them Agnihotra ash to apply on the gums and the pain has reduced.

Eczema: My friend's daughter had eczema and we applied Agnihotra ash and ghee on the skin and eczema got reduced

General wellness: The healing power of Agnihotra seems to protect our family from the common viruses, colds and fevers that affect other families. Our family members don't fall sick as often as others. I see less insects and cockroaches in the house and my plants grow beautifully. There is lot of happiness and calm in the house after Agnihotra is performed.

Agnihotra is a boon to mankind, and I wish many people would start making Agnihotra an integral part of their lives to protect themselves and the planet earth. Om Shanti!

CHOOSING TO LIVE IN AN AREA TO BRING HEALING TO THE LAND

Helen and her son Che visited Om Shree Dham for 4 days recently. Helen is a long time Agnihotri who has chosen to live in Alice Springs as she feels the land needs Agnihotra especially in relation to a military base nearby called Pine Gap.

Helen: I live in Mparntwe (Alice Springs), the beautiful land of the Arrernte people. I came to Mparntwe 9 years ago and have been practicing Agnihotra for 7 years. I feel that it is important that I am here performing Agnihotra. I live on a beautiful property at the gateway to the West McDonald Ranges. It is said these mountain ranges formed around 800 million years ago and would have been higher than Mount Everest, but over many years have eroded. An Arrernte elder once said to my son that he is as old as that mountain range. (meaning his people go back that far)



Helen performing Agnihotra at Om Shree Dham

I Practice Agnihotra surrounded by these beautiful ancient mountain ranges. Hidden in another mountain range situated on sacred ceremonial grounds of the Arrernte people lies Pine Gap, an American military base, right bang smack in the centre and heart of Australia. The growing militarisation of the Northern Territory and policing continues to rapidly grow. Pine Gap is part of that growth with new satellite dishes being built.

The urgency for Agnihotra continues to grow in me. When fear and overwhelm arise, I keep coming back to the practice of Agnihotra and pray for Divine presence, Light and Love.



Che, Adam and Helen, sunset Agnihotra Om Shree Dham

My deepest gratitude to Mparntwe and the Arrernte people. The spirit of the land constantly informing me.

As my journey with Agnihotra so far has been relatively solo, it has been so wonderful to connect with Lee, Frits, Adam and family, to do Agnihotra together and ask many questions and gather more knowledge. Coming to Om Shree Dham with my son, to another ancient land, with ancient stories filled with the vibration of Homa fires has been a great blessing.

Thank you Lee, Frits and Adam for your love and guidance, the animals, the land and the Homa fires. May we all pray for divine presence, light and love to rain across all the lands and the world.

HEALING OF VACCINE INJURY



Janardhun Nuckched, Bon Accueil, Mauritius

One of my latest healing experiences with Agnihotra and its ash medicine happened in November 2021. After I received one dose of the Covid vaccination, my right knee got swollen and an abnormal growth was showing up on my lower belly. So, I went to the Ayurvedic doctor here. He prescribed me many Ayurvedic plant-based drugs. He mentioned that if I go to hospital, I would have to undergo surgery for removal of that abnormal growth. He even said not to rub anything there. For a few days I took the medicine. In my mind one thought dominated 'I am doing Agnihotra, a powerful cleansing Homa, why take medicine. I have faith in Agnihotra.' And then I stopped taking all medicine.

I performed Agnihotra regularly, consumed the healing ash and applied the ash over that growth and on my knee. After some days, the growth disappeared from my lower belly and my knee was normal. When I went to the appointment with the Ayurvedic doctor after 10 days, all was normal and I felt completely well. I did not find it correct to tell the doctor about Agnihotra and its ash, as he had previously told me not to apply anything. He even has the Agnihotra kit but he is not practicing this healing fire, saying that he performs Agnihotra mentally. While I was searching for more information, I found out that Agnihotra falls under Ayurveda and I feel it would be a great help for all Ayurvedic doctors to promote Agnihotra practice to their patients.

We even had 2 cases of Covid patients who were in the Intensive Care Unit. Doctors had given up saying that only prayers will help. The relatives of the patients performed Agnihotra and Om Tryambakam Homa daily and miraculously the 2 patients recovered fast and lead a normal life again. I am happy to see the lives of people changing for better with the Homa healing fires and that is why I perform and promote Agnihotra.

MIRACULOUS PROTECTION WITH AGNIHOTRA

There are many reports from other Agnihotris who went through accident/ mishaps and amazingly they were not injured. Agnihotra is experienced as offering a shield of protection.

On 31st July Janardhun Nuckched, Agnihotri from Mauritius received a phone call from a friend in the Mauritius Agnihotra group .

His friend narrated how she met with a road accident. It is incredible to note that there was no injury. Despite that her car was completely damaged: she and her aunt were safe. The pictures of the accident give goosebumps and tell us more about the life threatening violent impact. It is unbelievable how she and her aunt weren't injured.



The car after the accident

This is what she wrote: "On Saturday 27th July I was driving from Bambou to Cascavelle, accompanied by my aunt who was seated in the front seat. Our car was going down the slope at a speed of 40 kilometres per hour. At one instant I realised that the brakes failed, I managed to shift down from the 4th gear to 2nd gear. As it was a steep down slope , the car was gaining speed.

In order not to hit any vehicle at the front or any vehicle coming in the opposite right lane, I steered the wheels to the left. I remember praying "O God protect us". The car smashed against the metallic handrail that entered the car through the windshield. Passing in between the two of us the metallic structure went out through the rear windshield, and then the car stopped. Under the shock it was hard to understand what was happening.

Luckily the doors opened without any difficulty and a few good people rushed to help us to get out of the car. Good there was no fire, however the car was completely damaged from front to the back, a case of total loss. Grateful to the Almighty, none of us was injured. More astonishing is that there were 100 glass jars containing confit and 'achard', and our drinking porcelain mugs in the car, none of which were broken, they were all intact.

Since Jan 2022 I have perform Agnihotra, do the sunrise session most of the time as at time of sunset Agnihotra I not yet reach home. On weekends I try to do both sunrise and sunset Agnihotra. I am grateful to the subtle energies for protecting our lives. I thus advocate performing the Agnihotra and Om Tryambakam Homa; you never know in which way you will be protected from mishaps."

THE MANY USES OF AGNIHOTRA ASH

Shree Vasant, preceptor of Homa Therapy, has always stressed the importance in these polluted times to drink Agnihotra ash water regularly or at least 3x daily or when unwell once an hour if one can manage.

Below is just some of the ways one can utilise its healing magic:

- ❖ Place in water bodies- down bore wells, dams, lakes, rivers, ocean etc.
- ❖ Place in your water tanks
- ❖ Place in a glass or ceramic or copper jug of purified water. This charges and alkalises the water for drinking.
- ❖ Mix with ghee as an ointment and apply to sore bits and even open wounds.
- ❖ Take a teaspoon of straight Agnihotra ash to detox the digestive track.
- ❖ Use for psychic protection/energetic healing. – rub on 3rd eye or over any chakra, etc.
- ❖ Sprinkle in pet's food and water for health. They love ash and ghee balls- great medicine.
- ❖ Sprinkle around periphery of property while reciting mantra for protection
- ❖ Food storage- Put in dry grains/pulses to help maintain vitality and help deter insects
- ❖ Put in lotions, shampoo, tinctures, massage oils etc. to charge with Prana
- ❖ Cleanse objects, e.g. crystals, second hand clothes etc. by sitting in ash water. If crystals or jewellery remove from ash water after 24 hrs, dry and sprinkle on ash. Place on Eastern side of Agnihotra pyramid. Sunset followed by sunrise Agnihotra.

Gardening

- ❖ Add ash in water, preferably in a copper basin. Let it sit in the sun for 3 days. Sieve and spray in the early morning or late afternoon/evening.
- ❖ Put ash in a compost tea. Water or spray.
- ❖ Sprinkle ash in your vermi compost
- ❖ Sprinkle under trees and plants before watering or rain.
- ❖ Sprinkle around rootlets when transplanting seedlings/plants.
- ❖ Put ash in watering can or tie a cloth full of ash around the outlet of a hose so the Agnihotra ash accompanies watering.

So many uses!!!!!!

For human consumption best to utilise the ash from Agnihotra Fires before which one has had a full shower and put clean clothes on. The shower and extra attention to cleanliness beforehand potentiates the ash.

If the cow dung is not completely consumed by the Agnihotra Fire then the ash cannot be utilised for medicinal purposes.



Carol Reed from Northern NSW sharing Agnihotra in Ecuador

My circle of friends in Ecuador are loving Agnihotra, we practice every morning and evening and drink ash water several times per day.

We have a potent earth medicine and medicine for us in the humble and easily produced Agnihotra ash.

MENSTRUATION AND WHY WE REFRAIN FROM AGNIHOTRA AND ALL HOMAS AT THAT TIME

In an effort to maintain the effectiveness of Homa, Vedic knowledge advises to refrain from performing Agnihotra or other Homa fires if there is any bleeding, whether it is due to an illness, an injury, or even the monthly menstrual flow. The energy from the issuance of blood conflicts with the energy of the fires.

Vedic knowledge states that a purified energy field is created around Homa fires. This energy field can be influenced by the energy fields of persons in the vicinity of the fire.

To preserve the purity of this subtle energy field of the Agnihotra fire, we follow the discipline not to perform Agnihotra (or another Homa fire) and not to come close to it whenever our own energy field is disturbed – as in the case of high fever or some bleeding. If we have a cold with mucous discharge for example, best to wear a mask when performing Agnihotra. If we cut ourselves, we stay away for as long as blood is flowing. With Agnihotra ash and/or turmeric we can usually stop the bleeding quickly so that we are again able to perform Homa fires.

For energetic reasons, the same discipline is followed by women during their monthly cycle. During menstruation, women are surrounded by an energy that travels downward in a spiral shape towards the earth. This energy cycle lasts for 4 days. Agnihotra creates an energy which flows in the opposite direction, that is upwards towards the atmosphere, also in spiral form. Both are cleansing energies but work in a different way and to an extent they nullify each other. Actually being close to an Agnihotra Fire at this time can disrupt one's cycle. Therefore during those 4 days women should refrain from performing Agnihotra or any other Homa and from sitting near them. In this way women will also protect their cycle.

When a woman has just given birth she should not perform Agnihotra for 12 days and until the bleeding has completely stopped. This is not a period so the 4 day energy cycle does not apply.

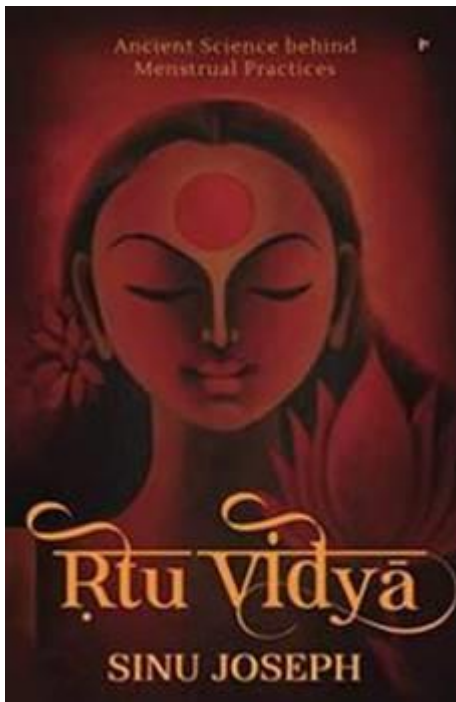
Many cultures in ancient times knew about the impact of subtle energies in the atmosphere. Thus many disciplines and practices which required refraining from doing certain activities during certain times were quite common.

Recently modern science has only started to investigate the functioning and manipulation of subtle energies.

Agnihotra is a science of subtle energies and as such it is governed by universal laws.

Perhaps a visual image of the yin nature of menstruation and its watery nature that flows downwards as opposed to Fire that is very yang and moves in a vigorous upward movement can help one see the opposite types of energies happening. Also there is the elimination aspect of menstruation as a factual reality is that we are detoxifying also through the skin and breath etc. and this is another reason we refrain from performing Agnihotra.

The book (pictured below) attempts to explain the reasons behind menstrual practices in Vedic culture. The book is Called 'Rtu Vidya' by Sinu Joseph.



'Rtu Vidya' by Sinu Joseph

Here are a couple of things that spoke to me: On an atomic and cellular level there are changes in the body during menstruation. The body registers as having a wound and produces excess free radicals, throwing the body into oxidative stress. Free radicals are unstable atoms that have a positive charge and in order to stabilise they 'steal' negative ions. When someone is in oxidative stress their body automatically takes negative ions through touch from others and objects (such as Ghee, Cow dung patties, the copper pyramid, for example) hence the advice to refrain from touching these. This oxidative stress is why rest is often needed during the period and also a diet high in antioxidants.

On a Pranic level, when a woman menstruates she is losing blood and can become depleted i.e. loses life-force. Thus when a menstruating woman touches something, she automatically takes Prana or life-force from what she touches. Here is another reason why one does not perform Agnihotra or touch Agnihotra materials and why one is advised to sit at a distance if another person performs Agnihotra.

After the 4th day of menstruating, the energetic cycle of menstruation is over. (Some people prefer to wait until the bleeding has ceased). On the 5th morning or when the bleeding has ceased, one takes a full shower including running water over the head, puts on clean clothes and can then resume Agnihotra practice. It is interesting that it must be running water not still water in a bath for example. We are told that the running water neutralises the earthward spiral that accompanies menstruation but also running water gives off Prana and enlivens the person.

THE IMPORTANCE OF PURE COW'S GHEE FOR HOMA THERAPY

GHEE for the purposes of Homa Therapy must be cow's ghee only.

NB. Many commercial ghee's, despite being labelled 100% pure cow's ghee, have been shown in laboratory tests to be buffed up with other oils, both vegetable and even animal fats. This is not only unsuitable for Homa Therapy but can have a detrimental effect on the atmosphere. For this reason we recommend one makes one's own ghee from unsalted butter. If possible, Organic product is the best. See the Agnihotra Instruction Manual that comes with your Agnihotra Kit on how to make ghee or email us for simple instructions. It is a simple process.

If your only option is to purchase readymade ghee we recommend you choose Australian or NZ brands as most of the dairies in these countries are cow dairies as opposed to having a mixture of cow, goat and buffalo which can often be the case in India and some Asian countries. NZ or Australian manufactured ghee should be OK if it says that **all** dairy is sourced from Australia and NZ. Stay away from brands that state that the dairy is sourced from Australia/NZ **as well as** overseas sources. There also must be no additives to the ghee such as salt.

For example a reliable Australian brand is Sol ghee which is often found in organic grocery stores or can be purchased on-line. Sol ghee is available as an organic product. It also comes non-organic and the latter is therefore more affordable for some. <https://www.solorganics.com.au/>



AHIMSA AND GHEE

Having said all the above about ghee, in ideal circumstances the most ethical ghee would be from organically treated cows that are not bred for slaughter or treated cruelly, but treated with kindness and respect. Ahimsa is a Sanskrit term for 'harmlessness'. Vedic lifestyle advocates 'Ahimsa' i.e. a lifestyle whereby all of life is treated as sacred and even the thought of harming another living creature would not enter one's mind.

In the modern world it is very rare to find a dairy that practices ahimsa. Still we highly encourage people to perform Agnihotra using the pure cow's ghee that is available to you. Agnihotra is a powerful purifier of consciousness and thus goes to the core of the problem ultimately bringing about a consciousness of harmlessness.

In the meantime Homa Therapy Centres worldwide have been searching high and low for Ahimsa dairies. Homa Therapy Association of Australia is overjoyed to share with you that we found one. It is run according to Hare Krishna inspired philosophy regards cows. As far as we can ascertain from their website, they sell organic non-homogenized 2 litre bottles of Ahimsa milk at several venues in each major city of Australia. Perhaps if enough people contact them they may start manufacturing ghee. Check out their website: www.mothercowdairy.com.au

HOW TO BECOME SELF-SUFFICIENT IN COW DUNG PATTIES FOR AGNIHOTRA/ HOMA THERAPY

Cow dung for Agnihotra can be from female, male or calf. It can be from Brahman cows with hump or cows without hump. Preferably collect from organically treated cows but if not available, cow dung from conventional farmers is suitable for Agnihotra practice.

When Frits and I had a young family and lived in Bronte, Sydney in a small apartment, we used to take the kids for a drive out to the country for a picnic and at the same time we were looking out for cows. When we spotted cows with a nearby farm house, we would ask the farmer permission to collect fresh cow dung for our garden. We would take 10 litre buckets with lids, collect and bring home. We made sure the lids were secured in case the bucket fell over in the car! Once home we would pat out on wooden planks on our tiny apartment balcony to dry. We never had any issues from our neighbours!

See our video on Agnihotra Australia video channel which shows us collecting cow dung and patting out. It shows this in the beginning of the video. If you want skip watching the whole video it is between 2.00 and 5.00 min. <https://www.youtube.com/watch?v=LHKhdLpDIEI&t=20s>

Below is an account of successful cowdung drying for Agnihotra practice that can easily be replicated whether you are in the country or in urban situations:

Adam Murphy, NSW lived in a rural setting but did not have a car. He would go out on his bicycle with buckets in tow. You might have friends with a farm with cows. Or there might be Agnihotris who have property with cows and

are happy for people to collect fresh cow dung from there. Where there is a need for the highest good, ways open up.

After many months of perfecting the art of drying cow dung at home, here I believe, is a detailed and efficient way to do so which saves time, energy, money and can make you fully self-sufficient. The following process is using a mini - green house with removable racks. (Can be obtained from Bunnings for \$30)



Mini - green house with removable racks

With permission from the land owner, I collect fresh Cow dung early in the morning and store in clean sealed buckets. (Editor- The fresh cow dung is more likely to be free of dung beetles if cow dung is fresh – warm and soft- and you collect early in the morning. If there are dung beetles in the cow dung they will make a mess of your patties. Also best to pat out the same day if possible to avoid fermentation of the cow dung)

Pat out on untreated, unpainted wooden boards or plywood or untreated wooden pallet as early as possible to make the most of the drying day.

Prior to Agnihotra sunset and as you notice the edges of the patties drying out, begin flipping them on to racks (for aeration) and place in the mini green house. Remember to close the zips down just before sunset to trap the heat and keep the dew out. It's also a good idea to have it placed on a piece of cardboard to keep the moisture out that rises up from the ground over night. (Editor- Closing up the space also keeps the dung beetles from flying in to eat the cow dung. They start flying in at sunset)



When semi dry, break patties in half(exposing more surface area to drying) and place on a rack for better air flow

The following morning open the zips to let out the moisture which has been released over night. Notice condensation in the photo. You can also remove the racks if you feel confident it won't rain and place in a sunny, breezy position, above the ground if possible, so air can flow under and over the cow dung patties. Alternatively, the plastic covering can easily be lifted off to allow more air flow. But it will always be the top rack that dries the quickest.

Repeat this process for 3-4 days or until you notice the cow dung is cracking dry just like the patties from Om Shree Dham. A good test is to break the thickest piece and it should be like snapping a cracker. If you squeeze it, it shouldn't be in any way soft or moist.

One cycle can give you almost 3kg of cow dung which provides you with 1- 2 months of daily sunrise and sunset Agnihotra depending on how much you use per Agnihotra.

With a growing number of people practicing Agnihotra everyday it's always a good idea to dry a bit extra for storage in case somebody in the area may need it or due to a change in weather pattern which prevents you from drying. For storage I double up two big plastic bags and keep in a dry place indoors.

I find collecting and patting out my own cow dung is really enjoyable and self-empowering. It gives me a feeling that I am carrying out an act of kindness for Mother Earth and there is the satisfaction of self-sufficiency! There is also the possibility that you can provide for others if you want.

The ideal drying facility if you can manage

If you have land and some space and would like to dry your own cow dung patties, we find the best infrastructure for drying is a hot house that has doors at both ends for airflow during the day and that can be closed off just prior to sunset to prevent dung beetles flying in.

- One can wear gloves or not.
- We use a trowel to flip over the cow dung when semi-dry.
- The above photo shows wooden planks.
- Below we upgraded to untreated plywood as the cow dung would get caught in the grooves between the planks and became hidey places for small dung beetles.



Here you can see our cow dung drying set up

Hot house with doors at both ends.

Plywood table on left for patting out fresh patties.

When semi dry flip over to semi dry on other side.

When the semi dry patty remains intact when lifted off with a trowel, you can place on racks for speedier drying.

These are slightly raised so air can flow under and over the patties. This also deters dung beetles from digging in in the night.

We installed de-humidifiers for times when there is a lot of moisture in the air and lack of sun and demand for cowdung is high.

Difficulty obtaining cow dung for Agnihotra?

It is not ideal but you can collect lumps of dry cow dung in the field and slice it up with a bread knife into manageable thickness for Agnihotra. It is not ideal because the nutritional content is compromised by leaching from the rain, bleaching from the sun and partly consumed by dung beetles. However is this is ones only option it is far more important to keep Agnihotra going in this way.

Storage of your dry patties

Keep stored away from moisture in the air as the dry patties will absorb moisture. We find the best container is a thick garbage bag with a knot tied in the top. If they do get exposed to moisture then you will need to dry them further in the sun or in front of a heater.

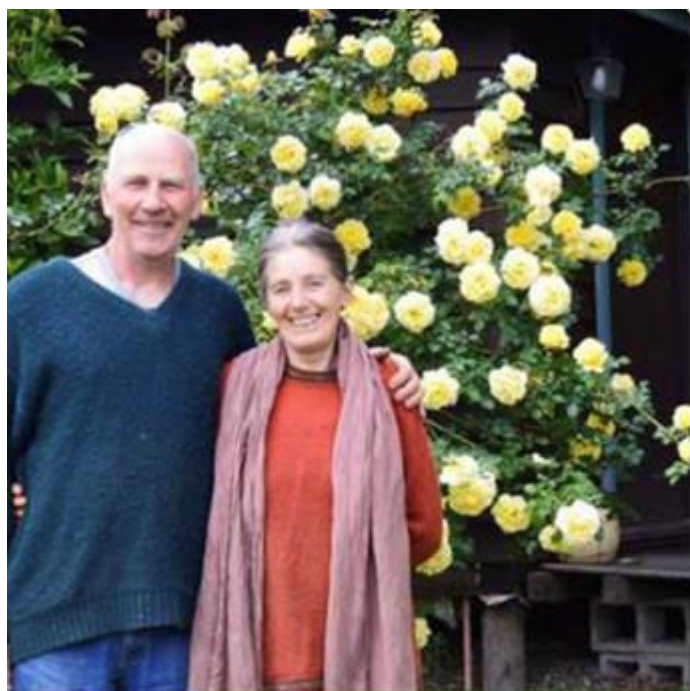
Also keep stored away from vermin.

We hope and pray that the above information will help many to become more self-sufficient in their Agnihotra practice. We understand from our Agnihotra Teacher Shree Vasant that the times that we are in now and that are to follow will be intense both environmentally, politically and socially. This may include disruption to infrastructure that we rely on. Agnihotra is very much needed for these times so the more self-sufficient one can become the better.

Above compiled by Karen Cleveland and Adam Murphy, community members at Om Shree Dham

OM SHREE DHAM

Homa Therapy Teaching Centre and Homa Organic Farm, Australasia



**What is Agnihotra and Homa
Therapy? with Lee and Frits Rin...**

Listen to this episode from Raw talk...

open.spotify.com

Agnihotra Talk on Spotify

<https://open.spotify.com/episode/2wNEwigMPPIQWRhyGU864x?si=VEkSMkV6QmGNIUrhu9g-vQ>

Agnihotra Information and Supplies

Information ; www.agnihotra.com.au Supplies https://omshreedham.com.au/?post_type=product

Learn online

How to perform Agnihotra using minimal amount of cowdung <https://youtu.be/flAs61GVH0Y>

How to perform Om Tryambakam Homa <https://youtu.be/7ZgeZkB8I18>

Agnihotra Sound file

<https://www.agnihotra.com.au/mantras/>

Agnihotra Australia YouTube channel

<https://www.youtube.com/channel/UC5NQXovGJ6cXC5JELxgOSVQ>

INFORMATION AND SUPPLIES

See our online shop: www.agnihotra.com.au/Products

Copper pyramids and copper tools for Homa Therapy have been made here at Om Shree Dham for 30 years in Homa atmosphere. Everyday cow dung is collected from our 2 resident cows, one a Brahman bull, the other a rescue bullock to make dung patties for Homa Therapy.

Agnihotra and Homa Therapy Supplies



Extra thick gauge copper pyramids for Homa Therapy manufactured at Om Shree Dham Australia since 1993



Various Agnihotra Kits available, also Cow Dung Cakes, Ghee, Books on Homa Therapy, etc.



Om Tryambakam Homa Set

WHAT IS HAPPENING AT OM SHREE DHAM

Recently with spring and mild weather we have had guests visiting and staying from Queensland, the Northern Territory, Western Australia and day visits from our closest city- Sydney.



A wonderful visit from senior Homa Therapy Teacher and life-time Homa Therapy volunteer Anne Godfrey

Anne spent 30 plus years as a Homa Therapy volunteer with her husband Bruce Johnson in India. They created an oasis called Tapovan in arid surroundings with Homa Therapy. Here they facilitated ceaseless Om Tryambakam Homa for 22 years. Bruce assisted many organic farmers in setting up Homa Farming Resonance system and he also created the international Homa Therapy portal www.homatherapy.org As well as Homa Therapy work, Anne was passionate about self-empowering local village women by setting up a cottage industry sewing beautiful clothes and household items. Bruce passed over last year and is dearly missed. Anne is now living with family in QLD.



Russian garlic is on the way,
conscientiously mulched by Che, our guest for 4 days, along with his mother Helen



Che and Adam with the cows- Rama and Shree Dham



Helen enjoying patting out Agnihotra cowdung patties



Enjoying the fruits of our Autumn and winter plantings

Spring has sprung, blossoms are filling the atmosphere with fragrance and the garden is happily producing
 Above: pepinos, broad beans, purple snow peas, carrots, leeks and warrigal greens.



Amazingly in spite of a 'successful' **eradication program of bees in the Hunter Valley** implemented by the Govt this year to counteract Veroa mite, still in our **Homa biosphere we have an abundance of fruit and vegetables**. It is mysterious as we may see 1 European bee a day if we are lucky and only a sprinkling of native bees.

WE ARE A HOMA ORGANIC FARM

The foundational practices of Homa Organic farming are twice daily Agnihotra, some hours of continuous Om Tryambakam Homa daily, Agnihotra ash application, a Homa Resonance system and the practice of harmlessness (Ahimsa).



Performing Om Tryambakam Homa in the garden while planting seedlings with Agnihotra ash around root ball

SHORT STAYS AT OM SHREE DHAM



For those who wish to imbibe Agnihotra and Homa Therapy into their lives as well as benefit from a healing and transformational Homa Biosphere created over a 30 year period.

- ❖ BYO tent or mobile home.
- ❖ Small cottage available, maximum 3 people

Contact us- info@agnihotra.com.au

LEARN HOW TO PERFORM AGNIHOTRA AND OTHER HOMAS

You are welcome to drop in half an hour before sunrise or sunset Agnihotra to experience the healing transformative atmosphere and to witness how it is performed. Phone or email first so we can let you know the Agnihotra times and our availability. 02-49981332



How to perform Agnihotra using minimal amount of cowdung <https://youtu.be/flAs61GVH0Y>

How to perform Om Tryambakam Homa <https://youtu.be/7ZgeZkB8I18>

NB Regular practice of Agnihotra creates a biosphere full of Prana and micro- nutrients in perfect balance. This provides the energetic foundation for performing the other Homas in Homa Therapy such as Vyahruti Homa and Om Tryambakam Homa. These derive their potency of effectiveness from the foundation that ongoing regular practice of Agnihotra creates.

Om Tryambakam Homa cannot attract the flood of Prana. This can only be attracted through sunrise and sunset Agnihotra practice.

Om Tryambakam Homa fortifies the Homa biosphere with more nutrition, fragrance and heightened vibration from the ongoing mantras being broadcast through the Homa. Om Tryambakam Homa is also a wonderful aid to purifying the mind, helping one to go into the witness state, leading to equilibrium and peace.

FREE AGNIHOTRA WORKSHOPS ON ZOOM INCLUDING Q AND A

On the last Saturday of each month at 7pm- 8pm

We send out invitations by email with a Link a week before the event.

AGNIHOTRA WORKSHOPS AT OM SHREE DHAM

We are also open to giving talks on Agnihotra on Saturday or Sunday at Om Shree Dham.

If you know of interested groups of people, contact us by email- info@agnihotra.com.au





Touring Om Shree Dham as part of the Workshop

WE CAN ALSO COME TO YOU: FREE AGNIHOTRA WORKSHOPS AND TALKS

If you are a good networker and would like to organise a workshop on Agnihotra and Homa Therapy in your vicinity - contact us – info@agnihotra.com.au

We are also available as Presenters at Conferences/ Festivals, etc. Homa Therapy is always taught free of charge world-wide. We appreciate help with travel and accommodation expenses through donations.



A recent workshop in Victoria with a Vedic Meditation group



A workshop in WA

SUNDAY SATSANG AT OM SHREE DHAM

Most Sundays from 11am to 1pm we have small gatherings here where we meditate, sing devotional songs and read inspired texts. All welcome. Please ring to confirm your attendance. 02-49981332



Meditation with Vyahruti Homa, healing work with Lingams, Crystal bowl sounding, singing uplifting songs, mandala drawing; Just some of the spontaneous activities at Satsang

ONLINE SHOP

As well as supplies for Homa Therapy we specialise in providing other powerful healing tools including Narmada Lingams, Yantras, Moldavite, raw and set as pendants (email us for photos of available pieces) and superb Meru pyramid, Natural Incense traditionally made. See www.agnihotra.com.au/Products.



Large Narmada Lingams for homes, centres and land healing. Email us for photos of recent shipment.



Hand-held Lingams as meditation and healing tools



The Meru Pyramid

A fusion of two ancient energy devices; the pyramid and the Shree Yantra

Energise and cleanse jewellery, crystals, essences, etc.

For healing and balancing - Place Yantra underneath and pyramid on top of chakra or area of body.

Enhances meditation. https://omshreedham.com.au/?post_type=product&paged=2



Moldavite as pendants or earrings

Moldavite is a rare gem quality tektite with high vibrations offering protection

WORK EXCHANGE AT OM SHREE DHAM

We are welcoming volunteers to help us with the farming and building. Once the Retreat Centre is built we will be holding various courses here related to Homa Organic Farming, and much more. Contact us if you are practical and wish to give a hand. info@agnihotra.com.au



The new Retreat Centre in progress

Contacts for Agnihotra Supplies in NZ, Singapore, Philippines and Malaysia

New Zealand

Darryl Sang, Auckland, darryl@sang.co.nz

Singapore

Ajuntha Anwari, ajuntha.anwari@gmail.com

Philippines

Pamela Fernandez, pamela_g_fernandez@yahoo.com

Kuala Lumpur, Malaysia

Soh Wee Hock, whsoh58@gmail.com

May there be Love, peace and healthy environments for all,

Frits, Lee, Ana and Adam



Agnihotra Australia
Homa Therapy Association of Australia

'A nonprofit Association for Homa Therapy education and support to create vital, peaceful environments and people'

PO Box 68 Cessnock NSW 2325 AUSTRALIA

Visit Our Website

www.agnihotra.com.au

Information, Services and Supplies for Homa Therapy.

To unsubscribe return email with 'unsubscribe' in the subject bar